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Call for credit crisis calm

DARREN KRAUSE
Metro Canada



As Toronto and New York markets plunged in wake of a failed Wall Street bailout yesterday, a noted economist warned every day Canadians not to give way to the credit crisis panic by making knee-jerk investment decisions.

"If you don't need to liquidate (your investments), then you can weather this," said University of Calgary economist Frank Atkins, who characterized the 840 and 778-point loss-

es on the TSX and Dow Jones respectively, as paper losses.

"Once you sell, then you lose money."

Most of the initial concern would be for investors retiring now or in the immediate future, he said.

U.S. lawmakers yesterday rejected a \$700-billion US bailout plan for the financial industry in a shock vote that sent global markets sliding as European authorities scrambled to prop up a slew of banks.

The failure of the bill, which would have let the U.S. Treasury buy up bad

Bailout booted

• The House of Representatives voted 228-205 against a compromise bailout plan that would have allowed the Treasury Department to buy up toxic

assets from struggling banks. House Republicans, in particular, balked at spending so much taxpayer money just before the Nov. 4 U.S. elections.

mortgage debt from struggling banks in an effort to kick-start lending was seen as crucial to shielding the economy from an even deeper slowdown.

Global money markets were frozen even as central banks poured hundreds of billions of dollars into

the financial system to persuade financial firms to stop hoarding cash.

"There's a monster amount of fear out there. This is global contagion. It's no longer just the United States," said Joe Saluzzi, co-manager of trading at Themis Trading in

Chatham, New Jersey.

But Atkins was confident there is a silver lining to the aftermath of the subprime mortgage failure and the aborted bail out of the US lenders.

"It should be a lesson," he said, adding that governments might think twice about trying to buy back bad debt.

"But no matter what happens, our economies will emerge stronger," he said.

WITH FILES FROM REUTERS



Watch as Jack Layton calls for an all-party meeting over the financial crisis at www.metronews.ca/canada

'Who did this?' mourners ask after murder

TIM WIECLAWSKI

tim.wieclawski@metronews.ca



INVESTIGATION Police confirmed yesterday that a sculptor and educational assistant at De La Salle High School who was found dead in an east end house on Sunday is Ottawa's sixth victim of homicide this year.

The body of Simoahmed El Fenne, 46, was discovered in the house he rented at 1093 Chelsea Drive at around 4 p.m. on Sunday evening. Police tape remained up around the property yesterday as investigators continued to canvass the quiet Manor Park neighbourhood where the crime occurred.

Police are releasing few details and said they have not identified any suspects. An autopsy on El Fenne's body was scheduled for yesterday to determine the cause of death.

Grieving friends yesterday remembered El Fenne as an artist and a "good person" who worked as an occasional substitute educational assistant at De La Salle High School. A crisis management team met with students and staff members yesterday at the school in wake of the incident, said Andree Nyette, a spokesperson with the Conseil des écoles publiques de l'Est de l'Ontario.

Nezha M'Razet met El Fenne through the school, where her three children attended. She said he had "helped her a lot with the kids."

"He was a good person. Whenever I telephoned the school he was always there and he answered all my questions."

"Why did they do this? Why would someone kill him? Who did this?" she asked.

By yesterday afternoon, De La Salle students had set up a Facebook group dedicated to El Fenne called "À la mémoire de Simo Elfenne."

"I had the pleasure of working at De La Salle High School last year and all I can say is that Simo will be sorely missed," a group member named Manon Van Der Horden wrote in a post.

No call list no problem for industry

LIST Some of Canada's largest users of telemarketing services say they welcome the National Do Not Call List.

The Canadian Radio-television and Telecommunications Commission created the list, which takes effect today, to allow consumers to have their name taken off most telemarketers' lists.

Some telemarketers believe it will make their industry more efficient by eliminating wasted calls to uninterested consumers, said Wally Hill, an executive with the Canadian Marketing Association.

And they don't see it hurting the telemarketing business, which they say creates 155,000 indirect jobs and \$25 billion in benefits to the Canadian economy.

To register your number to the list, call 1-866-580-DNCL (3625), or visit www.dncl.gc.ca online.

TORSTAR/METRO NEWS SERVICES

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Première

Passchendaele



Actors Paul Gross, left, and Caroline Dhavernas, attend the premiere last night of Passchendaele at Gatineau's Museum of Civilization. In the movie that opens across Canada on Oct. 17, Gross plays a World War I soldier who is wounded in France and returns to Calgary, where he falls in love with his nurse (Dhavernas) but returns to the front to protect her brother.

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- Debates Dion's chance
- Harper arts-friendly?
- We stop Tories: Layton

Celebrity Buzz pg 14

Madonna fined for breaking curfew



Health pg 11

Online chat disconnects

Sports pg 10

Blue Jays CEO steps down

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BEAUTY
at the Bay

Ward crime stats to be released after all

Public feedback has convinced Ottawa Police to reverse an earlier decision not to release 2007 ward-by-ward crime statistics. Police had initially feared the internally-developed program it uses to apply Canadian Centre for Justice Statistics methodology to its records had become "statistically unstable." The 2007 ward profiles will now be released in November. **OTTAWA POLICE**

3

Ottawa



More parks for pets

Dogs are now permitted in about 30 more Gatineau municipal parks and properties, thanks to a new bylaw passed as a result of requests by dog owners, says Mayor Marc Bureau. In addition to parks, fields and paths in every sector of Gatineau where dogs are allowed, the city now has several off-leash areas, which are identified with signs. **CITY OF GATINEAU**

Tories tally city's carbon tax hit

TIM WIECLAWSKI
tim.wieclawski@metronews.ca

The carbon tax in the Liberals' Green Shift plan would add \$69 million over 10 years to the cost of city operations, local Conservative candidates claimed yesterday.

Using a prop invoice, the Conservatives outlined a list of city services that would cost taxpayers more under the Liberal proposal to tax carbon: from buses, ambulances and snowplows, to the electricity that municipal operations consume.

"The Liberals are trying to hide the true cost of this tax hike from Canadians, (through) claims that they

will not pay more because of the income tax cuts," said Ottawa South Tory candidate Elie Salibi, who joined Environment Minister John Baird for the announcement.

"The carbon tax from Stéphane Dion will be punishing the cities and towns across the country," he said, adding Ottawa's diesel-powered transit system would cause the city to be hit especially hard.

"The carbon tax ... will be punishing cities and towns across the country."

Elie Salibi

Council would be faced with cutting services or hiking taxes to pay the costs the Green Shift would add to operations — an average of \$6.9 million a year, he said.

Liberal riding candidate and incumbent David McGuinty called the Conservatives' claims "ab-



City federal Conservative candidates John Baird, left, and Elie Salibi place a "void" sticker yesterday across a prop invoice that they say represents the \$69-million cost of the Liberal's Green Shift plan to the City of Ottawa, if it were ever to be implemented.

solutely preposterous." "Why don't they say \$169 million?" he said. "You can't trust anything John Baird says about num-

bers. He hasn't got any background in this field. He doesn't know what analysis we performed on this plan."

McGuinty said a billion-dollar contingency fund is already factored into the plan to offset any cost increases to municipalities.

News in brief

STABBING A suspect wanted by police in one of several knife attacks that happened in the capital over the weekend turned himself in yesterday afternoon. Police had been hunting for 25-year-old Michael Lacasse in connection to a late Saturday night attack in the Colonel By Drive underpass, in which a man in his 30s suffered multiple stab wounds to his head and upper body. Police described the victim's wounds as non-life-threatening.

FIRE An early morning blaze in Gatineau forced the evacuation of an entire street just after 4 a.m. yesterday. Residents of four homes on McDermott Road were put on a bus after growing concerns about a propane reservoir and mobile home that were on fire. The fire destroyed the mobile home. No one was injured. The home was not occupied at the time. Residents have since been allowed to return to their homes. Investigators are treating the blaze as suspicious.

METRO OTTAWA

City's fringe freed from election convention

KATHRYN YOUNG
for Metro Ottawa

There's something liberating about inevitability, candidates for fringe parties in Ottawa say.

Not having a chance at winning gives fringe candidates freedom to tell the truth and raise issues that others can't or won't, says John Akpata, who is running in the Oct. 14 election for the Marijuana Party in Ottawa Centre.

"I'm not going to win, so I've got nothing to lose," said Akpata.

The 36-year-old writer

and poet has entered the federal fray for the third time. He received 386 votes in the January 2006 contest and 495 votes in 2004 for the party that wants to decriminalize cannabis and push for federal subsidies for pot.

"You don't have to have cancer or HIV to benefit from medicinal marijuana," said Akpata.

He also claims that if everyone gave him \$2 today, he could stop global warming by 2036 with the power of his mind. "That statement is no less valid than what the politicians are telling us."

"We used to (have 'fun' fringe parties), but I think we lost our sense of humour."

Elections Canada official

Nineteen political parties are officially registered with Elections Canada. However, Ottawa doesn't have any of the "fun" fringe candidates, such as the Work Less Party or the NeoRhinos.

"We used to, but I think we lost our sense of humour," lamented one Elections Canada official, who did not wish to be named.

However, the Marxist-Leninist Party, which is

sents the party in Ottawa Centre.

Jean-Serge Brisson is the lone local Libertarian candidate, in Ottawa-South. He has a long history of running in federal, provincial and municipal elections and was national party leader until last May. He is writing a book about the tax protest he and his radiator repair business have waged against the provincial sales tax and GST.

Alex McDonald is representing the Communist Party in Ottawa-West-Nepean, while Michel St-Onge is running for the Canadian Action Party.

metronews.ca

What's online today.

Link to Kevin Smith's blog, where the director disses an Air Canada experience at www.metronews.ca/canada
Watch as Stéphane Dion tries to defend both flanks at www.metronews.ca/canada, and Jack Layton calls for an all-party meeting to discuss the financial crisis

Lotteries

Ontario Pick 3	4, 2, 6
Ontario Pick 4	2, 2, 9, 5
Encore	6928180
Daily Keno 5, 7, 9, 15, 17, 27, 29, 31, 32, 38, 39, 40, 41, 45, 46, 51, 56, 64, 68, 70.	

These results are not official.



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4 Ottawa

Traffic congestion to continue through to end of week

The Ottawa-bound lane of the Alexandra Bridge will be narrower for vehicles from 9 a.m. to 3 p.m. until Friday. Pedestrians and cyclists are advised the boardwalk will be reduced also. **PUBLIC WORKS**

Riding: Ottawa South

In the lead-up to the Oct. 14 federal election, Metro Ottawa will offer snapshots of local riding races.

This Ottawa riding, where the main employer is the government sector, includes the Macdonald-

Cartier Airport and has a mix of wealthy and low-income families and a high immigrant population.

Election 2008



David McGuinty

AGE: 48
PARTY: Liberal
POSITION: Lawyer

"I think one of the things people are looking for is an MP they can count on. An MP that will provide good public service they can count on. Secondly, they are looking for someone who will fight for public services, and by that, I mean health care, clean air, clean water, public transit, and strong post-secondary opportunities. They want to see meaningful action on the environment and the protection of green space and safe communities."



Elie Salibi

AGE: 44
PARTY: Conservative
POSITION: Prior to politics, director of international sales at Corel

"I've watched this Conservative government get results and now the time has come for me to contribute to the community that has done so much for me. In Ottawa South, if I am privileged to be elected as the representative and part of the Harper Conservative Government I will support practical, affordable Conservative action that will keep our families, seniors, small business, new Canadian and communities moving forward in a time of economic uncertainty."



Hiral De Sarkar

AGE: 24
PARTY: New Democratic
POSITION: Political science student, Carleton University

"The issues in Ottawa South are similar to the issues in a lot of communities right across the country. People here are concerned about the high cost of gasoline, the growing cost of food and are seriously wondering about the quality of the food and other products they bring home. They're also demanding better transit for Ottawa and want a government that will help get the job done. People want a government and a Member of Parliament who will put their families first — ahead of the banks, and the oil companies, and the other powerful interests who always seem to get their way. They're looking for a change."



Qais Ghanem

AGE: "60-something"
PARTY: Green
POSITION: Associate professor, faculty of medicine, University of Ottawa

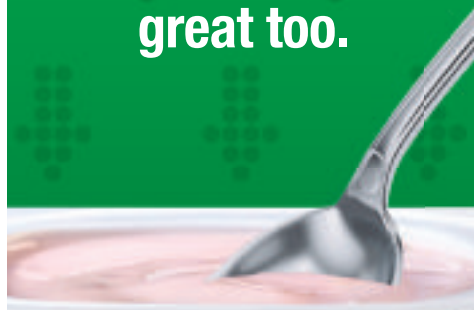
"It shares many of the problems with other ridings but we have a lot of immigrants here, especially from Asia and the Middle East and they have problems with finding appropriate employment for their training. They come here and they don't have the opportunity to work because the qualifications are not recognized. Before any immigrants come into the country they should be assessed by Immigration Canada. Those who do come should be fast-tracked in their evaluation."



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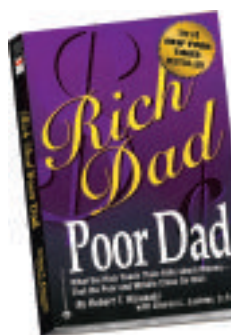


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Senators smash into NHL season

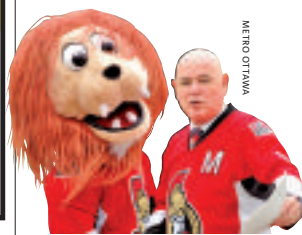
HOCKEY The team may be in Sweden, but the puck dropped at city hall yesterday to launch the countdown to a new Ottawa Senators hockey season.

Ottawa Mayor Larry O'Brien and several city councillors raised the Senators' team flag at city hall in front of a red thunderbird with a giant puck smashed through the roof. The car is part of Operation Puck Drop to promote the team's regular season opener in Stockholm Oct. 4, against the Pittsburgh Penguins.

"I know the captain (Daniel Alfredsson) is looking forward to the ... opener in Sweden and I encourage everyone to get their signs out for the home opener against the Red Wings Oct. 11," said O'Brien.

Pep-rally events are planned throughout Ottawa-Gatineau leading up to the regular season home opener.

METRO OTTAWA



Mayor Larry O'Brien and Spartacat at city hall yesterday

72% of doctors don't wash hands

Just 28 per cent of doctors at 10 hospitals washed their hands between patients, Ontario's auditor general says in a special report into outbreaks of superbugs like C. difficile. That was an improvement from a rate of 18 per cent, because it came at the end of a recent project to encourage handwashing. **TORSTAR NEWS SERVICE**

5

Canada



Atwood book tackles debt

Margaret Atwood has often had to dismiss charges of clairvoyance and prophecy, and with the timely publication of *Payback: Debt as Metaphor and the Shadow Side of Wealth*, she has found herself doing it again. The book, a philosophical treatise on debt, hit stores as major players in world finance picked through the rubble of credit default.

REUTERS

Face covered? Swear an oath to vote

Election 2008

POLICY People wearing face coverings will not be permitted to vote in the upcoming election unless they swear a special oath.

The change is based on a directive from chief electoral officer Marc Mayrand. It instructs returning officers to ask voters to uncover or swear they are eligible to vote before being allowed to do so.

The policy appears to be at odds with the Canada Elections Act, which contains no requirements that federal electors show their faces.

Repeated requests to interview Mayrand were not granted by Elections Canada. **TORSTAR NEWS SERVICE**

Too old to drive?

Health more relevant for senior drivers: Experts

BRIAN TOWIE
brian.towie@metronews.ca



You might not be too old to drive, but you might be too unwell.

The issue of whether elderly drivers should be on the road hit the media again after an unidentified 84-year-old driver hit a pedestrian at a Halifax crosswalk Friday. The 56-year-old victim was dragged 30 feet underneath the car before a mechanic freed him. No criminal charges are pending.

Circumstances echo concerns raised in 2001, after 85-year-old Pilar Hicks hit and dragged Beth Kidnie, a 42-year-old mother of three, to her death. Justice

"Illness can happen at younger ages and impair the ability to drive."

Dr. Allen Dobbs

Gerald Lapkin convicted Hicks of criminal negligence and wondered if regulators shouldn't consider more restrictions on elderly drivers.

But Dr. Allen R. Dobbs, president and CEO of Drive-Able Assessment Centres Inc., a nationwide driving ability assessment program, argues it's not the age of the driver that should be considered, but their abilities — which are often affected by medical conditions.

"It's a question that's asked the wrong way: What's the correct age to hang up the keys?" Dobbs said. "It's about medical conditions. Illness can happen at younger ages and impair the ability to drive."

Still, Dobbs acknowledges older drivers face illnesses, such as dementia and heart and lung diseases that can impair driving skills.

Dennis Prouse, director of government relations at the Insurance Bureau of Canada, agrees medical conditions should be a top priority in the years to come.

Faced with an aging population, "we're asking ourselves how to tackle this," he said. "A blanket age cut-off is not the answer."

Nova Scotia Kyle's aftermath



REUTERS/PAUL DABROW

Fisherman Ryan Cunningham readying his boat to depart Clark's Harbour, N.S., yesterday. The vessel had taken shelter in the harbour to wait out Hurricane Kyle on Sunday evening. New Brunswick Power sent crews yesterday to help restore service to the more than 9,000 people who were still without power.

News in brief

NURSES The thousands of nurses who have left Canada for the United States were not for money, but for regular work and because they're highly valued there, a major new study on cross-border flight finds.

ECONOMY Ontarians should gird for tough times, Finance Minister Dwight Duncan warned as he released figures showing the economy shrank slightly in the first six months of the year. **TORSTAR NEWS SERVICE**

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\$579

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The Lenox Hotel • 3★

Standard rm.
Nov. 10 - 22 • 2 nts.

\$599

Plus taxes & other fees: \$183.

New York

The New Yorker Hotel • 3★

Run-of-the-house rm.
Oct. 20, 21, 26, 27 & 28 • 2 nts.

\$639

Plus taxes & other fees: \$102.

Paris via Montreal or Toronto

TRYP Blanche Fontaine • 3★

Breakfast • Standard rm.
Oct. 24 & 25 • 3 nts.

\$829

Plus taxes & other fees: \$478.

Munich via Toronto

Holiday Inn Munich

City Center • 4★

Breakfast • Standard rm.
Nov. 14, 21 & 28 • 4 nts.

\$939

Plus taxes & other fees: \$400.

Zurich via Toronto

Montana Hotel • 3 1/2★

Breakfast • Standard rm.
Nov. 13, 20 & 27 • 3 nts.

\$999

Plus taxes & other fees: \$476.

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Election 2008



Dion's chance to alter image

Debates offer Liberal leader the opportunity to talk about policies, vision

National Report

Lawrence Martin



After being defined by Stephen Harper's attack machine as an arm-splayed wimp since winning the Liberal leadership two years ago, Stéphane Dion gets a last chance to alter that deathly image in the campaign debates tomorrow and Thursday.

Liberals now regret not having fought back earlier. They should have, some of them say, found a photo of Harper looking completely

moronic and plastered it all over the television screens. They have learned a lesson — probably too late! — that, in Canada, gutter politics works.

That kind of politics was never the style of the sincere and overly academic Dion. In the debates, some Liberals want him to make a direct appeal to the voters. At the conclusion a message of this kind: "I hope you have not been taken in by the demeaning ads about me. Yes, I have difficulty pronouncing words, and yes, I look too much like a professor. But is that what really matters? Or is it the values I have, the policies and vision, the team I have?"

It might help. Dion has to come across as statesman-like and credible. He has a tendency to sound forced and pleading. If he goes that route, he'll be seen as desperate and it will quicken his descent.

There was a nice moment in his campaign on the weekend. It was his 53rd birthday and reporters presented him with a limited-edition print of the puffin bird — the one used by Harper dirt-throwers in the defecation ad. He was also given a giant card that said: "This is a magic birthday card. It can only be opened by someone with good looks, intelligence and sex appeal." Dion blushed. One of his staffers told reporters, "You guys do have a heart" after all.

The debates will be tough for him. Harper is cooler under fire. The Liberal leader faces the added problem of having his friend, Green party Leader Elizabeth May, front and centre.



ANDY CLARK/REUTERS

Support



Jack Layton

NDP can stop Tories, Layton says

BANDWAGON Jack Layton insists that only the NDP can stop Prime Minister Stephen Harper, and he's urging "progressives" to rally behind him to do so.

"I think he's bad for the country. I think he's bad for working families," Layton said of the Conservative leader yesterday.

Layton said Liberals "disappointed" with Stéphane Dion are welcome aboard the NDP bandwagon, as are Greens and red Tories.

Dion's support of Harper's "reckless, across-the-board" \$50 billion in corporate tax cuts undermines the Liberals' moderate credentials, he said. Polls show Harper is on the cusp of winning a majority of seats in the Oct. 14 election, despite the fact the combined support for the NDP, Liberals, Greens and Bloc Québécois far outstrips the Tories' support.

TORSTAR NEWS SERVICE

Nominations

Women running in record numbers

CANDIDATES Canada's major political parties have nominated 387 women to run as candidates in the federal election — a record number.

While this falls short of fair representation at 29 per cent of all candidates, it is a sign of progress and increased efforts by all major parties, says Equal Voice, which challenged the leaders of all parties to field more women candidates in this election.

"This improvement provides more opportunities than ever to increase the representation of women in Parliament," says Equal Voice chair Raylene Lang-Dion.

METRO NEWS SERVICES

Harper presents arts-friendly face

It's make-or-break time for the Conservative campaign in Quebec.

With the nationally televised French debate tomorrow, Conservative Leader Stephen Harper made a quick swing into the province where his party is taking a shellacking over arts cuts and tougher youth crime penalties.

He was met by one of the largest crowd of protesters in this campaign: About 300 people from two of the province's biggest labour unions, women's groups and an impoverished nearby aboriginal village. They blocked a regional highway, carried signs and blew whistles under the



"This government is not going to reopen or permit anyone to reopen the debate on abortion. This position is clear."

— Stephen Harper

watchful eye of Quebec police.

Harper did not meet with them, but offered to dispatch one of his cabinet ministers, Christian Paradis, to do so, the first time the Conservative campaign has reached out to any group of protesters.

"You can count on us," Harper said later at a party rally where he promised an extra \$20 million a year for three years to an older workers retraining fund.

Hours before returning to Quebec for the third time in the campaign, Harper tried to present a more arts-friendly face to Quebecers.

He announced a small tax break for children's music, drama and arts lessons — proof, he said in French, "of our government's support for the arts."

Harper insisted "independent analysis," which he did not produce, justified the recent \$45 million in cuts to arts programs because they were "not effective."

Also yesterday, after cross-country weekend demonstrations by abortion rights groups, Harper made his most categorical statement to date that he would not re-open the abortion debate while he leads a government.

Harper said he would be focused on other challenges, like the "difficult world economy."

"This government is not going to reopen or permit anyone to reopen the debate on abortion. This position is clear," Harper told reporters.

TORSTAR NEWS SERVICE

News in brief

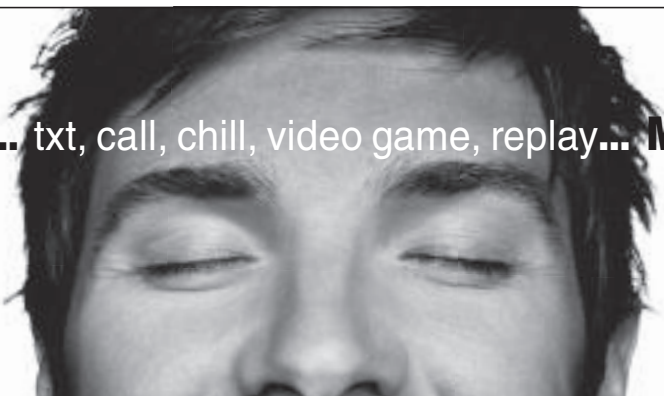
CONTROVERSY Conservative Agriculture Minister Gerry Ritz yesterday bolted from reporters seeking comment on his controversial joke about Canadians dying from eating meat tainted by listeriosis. Ritz's participation yesterday at a Canadian Federation of Agriculture debate was his first national public appearance during the election campaign since it was reported earlier this month he told an August teleconference the deadly outbreak was "like a death by a thousand cuts. Or should I say cold cuts."

TORSTAR NEWS SERVICE

Watch as Stéphane Dion defends both flanks from the Tories and a surging NDP at metronews.ca/canada

14 days remain until the 2008 Canadian federal election

Ottawa... txt, call, chill, video game, replay... Montréal.



Liberals

Dion not looking past election

FUTURE Liberal Leader Stéphane Dion has not yet decided what he will do if he fails to unseat Stephen Harper as prime minister, says his wife Janine Kriebler. But in an exclusive interview with Global News, Kriebler said she and her husband would make the decision together and come to a conclusion quickly.

Asked if they had already discussed whether he would stay in politics, Kriebler told reporter Hannah Thibedeau, "No."

TORSTAR NEWS SERVICE



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A MORE HUMAN WAY TO TRAVEL



Paris fashion shows defy gloomy world climate

France's ready-to-wear spring and summer shows began in earnest yesterday with Christian Dior's collection, as the world of fashion flew in the face of an increasingly ominous world environment. Around 100 designers will be showing collections over the coming week. **REUTERS**

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World/Business

Militants in Pakistan boosted by Afghans

Porous border proving difficult: Officials

Militants battling Pakistani forces are getting weapons and reinforcements from Afghanistan, security officials said yesterday, vowing no let-up in their offensive in the northwest.

Government forces launched an offensive in the Bajaur region on the Afghan border in August after years of complaints from U.S. and Afghan officials that Taliban insurgents in Afghanistan were getting help from Pakistani border areas such as Bajaur.

Now the tables have turned and the militants locked in heavy fighting with Pakistani forces are getting help from the Afghan side of the border, officials said.

"The Pakistan-Afghan

Broader implications

• The fighting has displaced several hundred thousand people and about 20,000 had

sought refuge across the border in Afghanistan, the United Nations said.

border is porous and is now causing trouble for us in Bajaur," a senior security source in the military told a news briefing.

"Now movement is taking place to Pakistan from Afghanistan," said the official, who along with a colleague at the briefing, declined to be identified.

The officials did not blame the Afghan government for sending militants across the border but called on Kabul and U.S.-led forces in Afghanistan to stop the flow.

Bajaur is the smallest of Pakistan's seven so-called tribal agencies, semi-autonomous ethnic Pashtun tribal regions.

U.S. officials say Taliban and al Qaeda-linked fighters, financed by drug money, use the tribal regions as an operating base to launch attacks into Afghanistan.

Security forces launched the offensive in Bajaur after militants carried out 88 suicide attacks across the country since July last year in which nearly 1,200 people were killed. **REUTERS**

Egypt Hostages safe and sound



A recently freed tourist waves after arriving at a military airport near Cairo yesterday. Eleven European tourists and eight Egyptians abducted in a remote border area of Egypt were freed and half of their kidnappers killed, Egyptian officials said yesterday.

News in brief

WEATHER A powerful typhoon headed toward the eastern Chinese coast yesterday forcing over 200,000 people to seek higher ground, state media said, after it battered Taiwan over the weekend. Typhoon Jangmi, the season's most powerful storm, was spinning off the coast of China's Fujian province and moving toward Zhejiang and Shanghai, with winds of up to 126 km/h, the Fujian Provincial Meteorological Bureau said.

ISRAEL Israel should withdraw from nearly all territory captured in the 1967 Middle East war in return for peace with the Palestinians and Syria, outgoing Prime Minister Ehud Olmert was quoted yesterday as telling a newspaper.

IRAN Iran said yesterday it would not halt sensitive nuclear work as demanded by the UN Security Council in its latest resolution on Tehran's atomic program that the West believes is aimed at making warheads. **REUTERS**

Business

Business in brief

OIL Imperial Oil said it will spend \$100 million to cut sulfur dioxide emissions at its Sarnia, Ont., refinery.

HIRING Sun Life Financial appointed several U.S.-based executives to oversee its U.S. and world operations. **REUTERS**

METRO Ottawa

130 Slater Street, Suite 300
Ottawa, ON K1P 6E2
Tel: 613-236-5058
Toll free: 1-888-916-3876
Fax: 1-866-253-2024

Advertising: 613-236-5058
adinottawa@metronews.ca
Distribution inquiries:
ottawa_distribution@metronews.ca
metro_inquiries@metronews.ca
ottawaleaders@metronews.ca

Local:
Publisher, C. Dave Kruse
Managing Editor, Derek Gordanier
derek.gordanier@metronews.ca
Marketing Manager, Ian Clark
Distribution Manager, Bernie Horton
National:
Group Publisher, Bill McDonald
Editor-in-Chief, Dianne Rinehart
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TSX battered after bailout rejected

The Toronto Stock Exchange's main index tumbled nearly 7 per cent yesterday, the biggest drop in eight years, as U.S. lawmakers rejected a proposed \$700 billion US bailout of the financial services sector, sending investors fleeing for the exits.

As the U.S. House voted to reject the rescue plan, concerns mounted that the fallout from the U.S. crisis was spreading globally and that the world economy was in for a downturn.

The S&P/TSX composite index dropped 840.93 points, or 6.9 per cent, to 11,285.07, its biggest percentage drop since October 2000. On a points basis, it

"This is yet another Black Monday."

John Ing

was the biggest decline ever. "This is yet another Black Monday," said John Ing, president at Maison Placements Canada.

The index plunged 300 points in just over five minutes as results showed the congressional vote going against the plan.

"The first thing that all the people did was hit the sell button," said Andrew Martyn, portfolio manager at Davis-Rea. "Uncertainty is not the friend of this market." **REUTERS**

Citigroup buys Wachovia

BANKS Citigroup Inc. agreed to buy Wachovia Corp.'s banking operations in a \$2.16 billion US, all-stock transaction yesterday.

Morgan Stanley also agreed to sell a stake to Mitsubishi UFJ Financial Group Inc. for \$9 billion and Lehman Brothers Holdings Inc. agreed to sell its Neuberger Berman asset management unit for \$2.15 billion US. **REUTERS**

Energy stocks pounded on TSX

ENERGY Canadian energy stocks were hammered yesterday in one of their biggest one-day drops as oil and gas prices skidded due to the financial crisis.

The Toronto Stock Exchange oil and gas subgroup fell nearly 11 per cent, or 35.36 points, to 298.08, a 20-month low for the sector, and made it the biggest loser on the TSX. **REUTERS**

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Weeknights 6:00

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EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONews.CA

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Patience, young home buyer

Q My wife and I are both in our late 20s. She is a social worker and I am in the food industry. We are determined to own a home. We have accumulated a sufficient down payment for our first home. Is this the right time to buy?

Chris and Toni

MoneyMatters

Henry Choo Chong

choochonghcg@yahoo.ca

to the average first-time buyer?

The Canadian real estate market will continue to experience price adjustments but most experts do not expect a U.S.-style housing meltdown.

If you already live in a home, relax, no one is kicking you out. If you are an investor, continue to monitor the market and look for opportunities. First-time buyers should be patient and buy when you are comfortable.

Henry Choo Chong, CGA, provides professional accounting and taxation solutions: choochonghcg@yahoo.ca.

A The place that you call home should be viewed as a long-term investment and security in your later years. Historically, real estate has appreciated over the long haul and the patient are not disappointed. No other investment allows the owner to be sheltered from the elements, taxes and a landlord.

Recent reports by the Canadian Real Estate Association (CREA) have indicated continued sales and price declines.

What does this all mean

Be a financial fighter

SmartCookies



You don't have to be an economist to know that we have fallen on difficult times financially. So in these troubled times we should be taking action to recession-proof our finances. Here are some simple tips you can start doing today:

For You:

1. Save, save and save some more. If possible, you should build an emergency fund of at least three months of living expenses. Whatever you can manage to put away monthly, you should (even if it's just \$50). This is the most basic thing you can do in order to protect yourself and to ensure that you are not relying on credit should

something unexpected happen.

2. Become a savvy spender. If you don't yet have a spending plan, visit smartcookies.com and download one. If you haven't a clue as to where your money is going, then you probably also don't know what kind of simple changes you can make to save.

3. Pay it down. As fast as possible, pay off anything you owe on credit cards and lines of credit. Also, on any debt you do have, make sure that you are being charged at the lowest interest rate that you are eligible for.

4. Be Patient. If you can't afford to buy it, then don't. We understand that you may feel like you are entitled to the best car, the nicest wardrobe, the dinners and drinks out. But be patient.

5. Build a Community. Now more than ever it is important to start your own money group (if you haven't already). Rely on

the Smart book

For more tips, check out your local bookstore for Smart Cookies' Guide to Making More Dough, on sale this week!



members to share knowledge, share resources and share tips for everyday savings.

For Your Job:

6. Build your skill set. No job is 100 per cent guaranteed and so making the effort to learn more and in turn making yourself marketable is a must. Network and seek out mentors in your field to ensure that you stay connected and stay current.

7. Toot your own horn. We all know people who promote themselves and make it known that they are productive members of the team. We're not saying you need to be obnoxious

but do make sure that your work is getting noticed and that your boss knows that you are a valuable asset.

8. Make More Dough. Now is the time to figure out what you can do to make some extra dough. Love yoga? What about becoming an instructor? Good in the kitchen? Maybe consider catering personal events for friends and families. Everyone has specialized skills, it's just a matter of figuring out what they may be.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

Investing

Allan Small

Read this week's column at metronews.ca

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And the survey says...

According to the 2008 survey for PracticalMoneySkills.ca — an online financial literacy program that helps students plan how to manage their finances — 30 per cent of students have never created a budget. **METRO NEWS SERVICES**

9

Student Cents

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

easy ways to save

- **Books are a big expense.**

If you can, try to buy or borrow an older version of the textbook you need from someone who took the class before you.

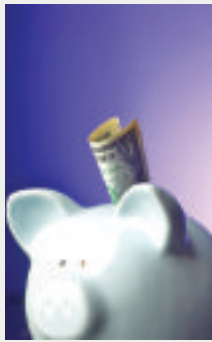
- **Sell your used textbooks.**

Your campus bookstore might give you a raw deal on what you paid for the text if you try to sell it back to them. You might want to do it online. Some sneaky vendors might even stick around near the shelves where students will buy those books, sell their used version at a cheaper price and get the direct payout. We don't recommend you do that, of course; we're just saying it sometimes happens.

- **Kick your coffee fix.** By forgoing that daily morning trip to the java joint, you can save as much as \$70 per month (assuming you spend \$2.50-\$3.50 per day in coffee). Buy a small coffee maker and brew your own.

- **Skip the take out.** Keep healthy and affordable options in your rez or apartment: Bagels, peanut butter, string cheese and fruit are all better for you than slimy 3 a.m. burgers and pizza slices.

- **No bottled water.** It's more expensive, and advocates for water say it's not healthier and it encourages privatized sources. Get a water bottle and



drink from the tap for free. If you're worried about pollutants, get a filter.

- **Don't bother with a TV.**

You can watch cable television when you want, how you want, through your computer. Your desktop or laptop may even have a DVD player so you can watch your favourite flicks.

- **Leave the mall alone.**

Shop at a second-hand thrift store — you'll be pleasantly surprised at what a rich furrow it is to plow.

- **Get a pay-as-you-go cell phone plan.** (This only works, of course, if you don't use your mobile often.)

— BRIAN TOWIE



With a little bit of luck and financial savvy, students can graduate with a manageable debt and start saving that much sooner.

Saving still possible

BRIAN TOWIE
brian.towie@metronews.ca

Given the low income, high expenses and unexpected emergencies that make up part of a post-secondary student's daily life, how can they save money when it's already hard enough to make ends meet?

Unless those financial commitments that universities and colleges demand are satisfied before you attend school, it's next to impossible and impractical to squirrel away your income, given your tuition balance or any loan that needs paying down. But you can exercise a degree of damage control if you make the

right choices, the experts advise. With a little bit of luck and financial savvy, you might even graduate with a manageable debt and start saving that much sooner.

"You can save. A lot of students will go out with their friends and the money just goes," says Laura Walker, a financial adviser at Edward Jones Investments. "But the ones who want to come out of school with little debt or possibly even no debt, if they're smart and they work hard enough, will get that money away so that they won't even think about it: Out of sight, out of mind, and there are tools for students to do it."

Several savings tools,

Walker says, include Canada Savings Bonds, high-interest savings accounts and bursaries available at your school that may not require stellar marks to obtain. Starting next year, you'll also be able to put your cash in a tax-free savings account.

"The tax-free savings account will come into play in January of 2009. The flexibility of it is nice," says Myron Knodel, financial planning expert at Investors Group. "If you're 18 or over, you can contribute up to \$5,000 into it and withdraw from it any time you want without penalties. You won't get a deduction, but that money is not subject to income tax."

Beyond these options, the experts suggest you get some professional help. An adviser can help you determine exactly how much you'll need for the school year and how much you should save, if you can, once you've budgeted for your costs.

"Students should connect with a financial planner," says Knodel.

"Even financial planning software can help. You factor in your income and what your costs are going to be based on your commitments and your lifestyle choices, and there may be some significant lifestyle changes that you'll be required to make if you're going to reach your goals."



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Boys are bigger bullies: Report

Four out of 10 school-age kids in Canada report being victims of bullying, according to a recent report by the Public Health Agency of Canada. Overall, boys bully and are bullied slightly more than girls. **BEST HEALTH MAGAZINE**

lifestyle **11**

Health



New Buriti Baby collection

Pamper and protect your baby naturally with The Body Shop's new Buriti Baby line of baby products. Set to launch on Oct. 9, the eight-piece line ranges in price from \$8.50 to \$30 and includes body butter, shampoo, massage gel, a brush and more. The pediatrician-approved products are made from buriti tree nut oil, which is a mild and gentle ingredient used throughout South America for its beneficial properties.

METRO NEWS SERVICE

EDITOR: ANN-MARIE COLACINO, ANN-MARIE.COLACINO@METRONEWS.CA

Socially disconnected

'Digitalk' causing the quality of friendships to decline: Survey

CELIA MILNE
for Metro Canada

You text a friend to say you're SETE (smiling ear to ear) or SWL (screaming with laughter). But if you aren't face to face, it's a shallow connection.

Facebook, e-mail, MySpace, text messaging and MSN have made our relationships more distant. The quantity of friendships is increasing but "quality is declining," says Allie MacPhail, a relationship expert with offices in Toronto and Newmarket, Ont.

"How many of those people actually mean a lot to you?" asks MacPhail. "They may be friends of friends."

On average, we connect socially 17 times a day through technology and only twice in person, according to a recent survey conducted by Ipsos Reid. Fifty-five per cent of Canadians say that life is so busy that they have to use electronic communication to stay in touch with friends and family.

A huge majority (88 per cent) say that meeting in person would make them feel more connected than meeting digitally.

And 61 per cent are nostalgic for bygone, low-tech days; they sometimes wish they could go back to when we didn't rely so much on electronics to communicate with each other.

The downside of all this

digitalk is that we lose our interpersonal skills. "I see more lonely people, even though they have a lot of people they are connected to," says MacPhail. "Emotionally, they don't know how to handle conversation."

MacPhail suggests that physically getting together with people and having eye contact is important. "It's not rocket science," she says. "Add up how many times a day you are face to face. Get offline. Go out and talk to friends. Talk to family. Recognize the value in human

connection. It deepens your empathy."

Teens are a group especially lacking in these interactions, she says. In her office, for example, parent bring in troubled teens.

MacPhail asks the teenagers how their day is going and what their week has been like, and they realize it is the first time that day they have talked to someone face to face. "They start connecting with me," she says.

"We are made for relationships, for actual human connections. The computer is

"Get offline. Go out and talk to friends ... Recognize the value in human connection."

Allie MacPhail, relationship expert

not giving it to us.

Let's see humans connect more," says MacPhail.

The survey, which polled more than 1,000 people in July 2008, was sponsored by Dentyne.

On average, we connect socially 17 times a day through technology and only twice in person, according to a recent survey.

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Overweight children and teenagers may be at elevated risk of developing chronic headaches, a new study suggests. The good news, researchers found, is that weight loss may, in turn, cut headache frequency. **REUTERS**

New spin on fighting fat



Life-Sprints, a cycling regimen popular in Australia, involves sprints followed by slow pedalling.

from
Best Health Magazine
on newsstands now
besthealthmag.ca

You have to love an exercise that takes just 20 minutes, involves slowing down every eight seconds and is more effective at burning fat than prolonged aerobics.

Which is not to say that Life-Sprints, a cycling regimen popular in Australia, is a free ride. Devised by Steve Boutcher, director of the fat-loss laboratory at the University of New South Wales, it involves eight-second sprints followed by 12

seconds of slow pedalling on a stationary bike for 20 minutes, three times a week.

Boutcher studied 45 women over 15 weeks and found that the group doing Life-Sprints lost three times more fat than a group that did 40 minutes of sustained aerobic exercise. "The fast/slow exercise cycle releases catecholamine (adrenaline/noradrenaline) into the blood, which burns fat. Sprinting seems to use up fat in the muscles, which is replaced by fat from under the skin after exercise stops," Boutcher says. It's also time-efficient.

"With this, you can warm up, work out, cool down and be showered and dressed in 45 minutes," he adds.

Best Health is on newsstands now.
For more, go to besthealthmag.ca.

Fibre may aid pregnancy

RESEARCH Women who add more fibre to their diet during pregnancy can cut their risk of developing pre-eclampsia, according to a new study in the U.S.

Doctors at the Swedish Medical Center in Seattle, Wash., found in a study that pre-eclampsia risk was reduced by about 14 per cent by adding five grams of fibre a day to the diet. This is the equivalent of two slices of whole-grain bread.

The study included 1,538 pregnant women who were followed for three months. Pre-eclampsia is a complication of pregnancy characterized by high blood pressure, rapid weight gain, and protein in the urine. It can lead to eclampsia, which can be a life-threatening condition for both mother and fetus.

CELIA MILNE/FOR METRO CANADA



Every sex-life aspect receives its occasion

The J Spot

Josey Vogels

Sex talk with Josey

Today, apparently, is the last day you can pleasure your mate. Yes, for those of you who haven't been keeping up, September is "Pleasure Your Mate Month."

Who knew? I certainly didn't until I got an e-mail from a radio station asking to interview me for ideas on how to honour this enigmatic occasion. Where the heck did "Pleasure Your Mate Month" come from?

Google only turned up some people's ideas for how they planned to mark the event, some

of which were, well, less pleasurable than others ("Throw knives, feed poison," wrote one rather bitter single gal).

Seems that these days, every aspect of our sex lives has a day, week or month devoted to it.

May is Masturbation Month, complete with its own Masturbate-a-thon (masturbate-a-thon.com) for which participants get sponsors for every minute they masturbate with funds raised going to women's sexual health organization.

December 21st is Global Orgasm Day (globalorgasm.org), not to be confused with National Orgasm Day, which is celebrated on July 22 in Britain. I know orgasms are great and all but I'm not sure they warrant two days of observance.

Then there's Condom Week Feb. 14 to 21 (nationalcondomweek.com). And don't forget World Naked Gardening Day on the first Saturday of May (wngd.org)

or World Naked Bike Ride on various dates throughout the year (worldnakedbikeride.org).

It's a little out of hand. I mean, one would think that "pleasuring your mate" is something one would make an effort to do at least occasionally during the other 11 months of the year. Do we really need a special month to remind us?

I suppose, much like Valentine's Day, the mother of all of the eros-oriented holidays, these occasions force us to put a little effort into areas of our romantic lives that may get less than our full attention the rest of the year. Or, as with the case of Masturbation Month or Condom Week, they

raise awareness and promote sexual health.

But I'd like to see some holidays that address some of the more mundane, yet equally important aspects of maintaining a healthy relationship.

For example, how about we introduce: "How is Dropping Your Socks on the Floor Any Easier Than Dropping Them in the Hamper Day" or "Sometimes it's More Important to Get Along Than To Be Right Week" or how about, "If You Can Find Time To Watch Fours Hours of TV a Night You Can Find a Half an Hour For Sex Once in Awhile Month?"

Now these are some causes worth devoting our time toward.

Josey Vogels is a sex and relationship columnist and author of five books on the subjects. For more info, visit joseyvogels.com.

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One of the greatest aspects of the dental profession is how technological advancement can improve our ability to deliver beautiful smiles and, most importantly, **healthy smiles**. Dental implants have proven to be one of those innovations.

Implants are used to provide treatment in situations where patients have experienced significant wear and tear or bone loss, periodontal disease, abscesses, or fractures to one or more teeth. Dental implants will not be the proper treatment in all of these situations. However, in some cases, they may be an ideal solution. Many patients love how today's implants look and feel like natural teeth.

There are three stages to having an implant. First, impressions are taken to ensure that the new crown will fit properly. Second, a titanium implant is designed to fit into the jawbone. This titanium implant effectively acts as the "root" of the tooth, securing and anchoring it into place. This stage is a surgical procedure, therefore a healing period of three to six months is required before a

crown can be attached to the new "root". However, a temporary crown can be used in the interim.

When healing is complete, you then return to your dentist to have the crown cemented in place. The result will be a tooth that looks, feels and functions like a natural tooth.

Implants may not be the answer for everyone. Advanced levels of bone loss or periodontal disease may make it difficult to properly secure the titanium "root" in place. We recommend that you visit your dentist to determine if you would be an ideal candidate. In some cases, options such as bone grafts may increase the bone mass where needed to proceed with an implant.

While it may be an involved procedure, the results can be spectacular. We have seen patients come to us with unsightly gaps resulting from missing

teeth. If left untreated, teeth will move and drift to fill spaces left by missing teeth, resulting in open bite, crooked teeth, jaw joint pain, and in some cases, a real reluctance to flash a big, beautiful smile.



Healthy Habits Lead to Healthy Lives
Dr. Wayne Perron
Dental Surgeon

With implants, we have literally seen people in tears because they were so thrilled with the results. Patients have thanked us for "giving them back their smiles". Seeing those smiles can be one of the most rewarding experiences one can have as a dentist.

So if you thought time had taken away your smile for good, think again. Talk to your dentist to see if implants might be the solution for you. If anyone has earned the right to smile, it is YOU. So take the steps to exercise that right.

And remember, beautiful smiles are contagious and a healthy habit... and healthier habits lead to healthier lives.

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Osbourne nails purse snatch

Reality TV star Jack Osbourne has been hailed a hero after catching a man who attempted to steal a woman's handbag in London on Saturday. Fellow shoppers helped Osbourne pin the assailant down while they waited for the police to arrive. **FEMALEFIRST.CO.UK**

Entertainment

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Jay-Z star search

Jay-Z reportedly wants to sign 50 Cent and Janet Jackson to his new label, StarRoc. Artists who sign are expected to ink recording, touring and merchandise deals. **FEMALEFIRST.CO.UK**



DVD picks

Iron Man

Paramount
Director: Robert Downey Jr.

IRON MAN delivers the superhero essentials — lots of action, great characters and a really cool suit — as it smartly vaults a lesser Marvel Comics hero into the same stratosphere as Spider-Man.

It took a superhuman leap of faith to hire tabloid fodder Robert Downey Jr. for the title metal man (he's actually clad in gold titanium alloy), since there were no guarantees he'd be either appropriate for the job — or even available.

Downey turns a negative into a spectacular positive, and it's entirely in

tune with the bad-boy nature of his billionaire arms builder Tony Stark, a capitalist who believes that "peace means having a bigger stick than the other guy."

Stark's business partner Obadiah Stane, played by a bald, bearded and game Jeff Bridges, delivers a "might is right" riposte that fuels the movie's "war on terror" backbeat. An abduction by terrorists and a transformation into a comic book could make plausible sets Stark on an entirely different path. Make no mistake; this is the birth of a new franchise. The only thing wrong — and I can't believe I'm saying this — is that it's too short, even at 126 minutes.

Read a DVD review on Forgetting Sarah Marshall at metronews.ca

F apparently is for Food

IntelleVision

Rick McGinnis

rick.mcginis@metronews.ca

WHAT THE F—: Celebrity chef Gordon Ramsay takes a step closer to deadly ubiquity tonight with the North American premiere of *The F Word*, his British chat/cooking/competition show on the Food Network. Food has decided to debut with the second season of the show, an episode where Ramsay challenges a quartet of butchers to work the kitchen at one of his restaurants, sets up a pig pen in the backyard of his London home to raise a



Gordon Ramsay returns with his new show *The F Word*.

pair of porkers for sausages and chops, and pits himself against a TV actress to see who makes a better lasagna.

It's a densely packed show that will either thrive or fail depending on how many Ramsay fans out there are impatient for a new season of *Hell's Kitchen* or *Kitchen Night-*

mares. Ramsay is probably about one more show away from Emeril-style overkill, and while I'm still a huge fan of his bellicose, alpha male persona, the dawn of a post-Ramsay age is probably close at hand.

A CHEAP HOLIDAY IN OTHER PEOPLE'S MISERY: "It's just, like, out of this world, I think, this place — kind of a weird thing to use for tourism," says Carmel, an Australian tourist who complains that they're charging \$50 to throw a live hand grenade into a pond at a Cambodian genocide museum.

Manfred Becker's Dark Tourism, airing tonight on History Television, makes the circuit of just over a half-dozen tourist attractions around the world that offer a change of pace from

the usual theme park, beach resort or folkloric dance show.

He starts at a former Soviet prison in Latvia, where visitors are harassed and abused by actors playing guards, and moves on to Stalin World in Lithuania, the killing fields of Cambodia, the city of Sarajevo and Vietnam, where tourists are "educated" about the other side of the Vietnam War.

At the site of Hitler's command bunker in Poland, Poles dress up in Nazi battle dress for the edification of tourists, and Becker finds Chinese students who wonder if the Poles have already forgotten their history. It's a worthwhile question.

Rick McGinnis writes about music, movies, books and television, but not opera.

Caribou wins top album award

KUDOS Caribou hit the right note with the jury deciding who was to receive the Polaris Music Prize in Toronto last night.

The prize and \$20,000 honours the top Canadian album of the year. A jury of 185 music writers, bloggers and broadcasters drew from a list of 10 of the best Canadian albums released between June 1, 2007, and May 31 this year. **METRO NEWS SERVICES**

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OT	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
93008	265	353	2	TVO	Undersea Exp.	Parks	The Agenda With Steve Paikin	East West 101	Chinese School (Part 2 of 5)	Agenda-Paikin		
	211	331	3	ETV	ET Canada	Entertainment	House "Adverse Events"	(9:01) 90210 (N)	Kitchen Nightmares	News (N)		
	-	-	5	SRC	Virginie (SC)	La Fature	Providence (N) (SC)	Roxy (N) (SC) Filantes	Le Téléjournal (N) (SC)	La Zone		
	209	342	6	CHRO	Robson Arms	TMZ (N)	Pushing Daisies (N)	(9:01) Fringe (N)	Cold Case	News (N)		
	196	311	7	CTV	Hollywood	eTalk	Without a Trace (N)	Dancing With the Stars	Law & Order: SVU	News (N)		
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	Rick Mercer	The Tudors (N) (DVS)	CBC News: The National	The Hour		
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Biggest Loser: Families (N)		Law & Order: SVU	News (N)		
	117	713	10	TVA	Occupation	Videos	Histoires-filles	La Promesse (HDTV) (N) (SC)	TVA 22 heures	(10:45) Denis Lévesque		
	-	-	11	QSO	Beauté	Loft Story	Génération séduction (N)	La Verité choc (N)	Cent dix pour cent (SC)	Loft Story		
	137	763	12	TFO	Panorama	Canada	Villages	Trop belle pour toi (1989, Com. dramatique)	Esprit	Carnets d'ex		
	-	362	13	CBS	Dr. Phil (HDTV)	NCIS "Agent Afloat" (N)	The Mentalist (HDTV) (N)	Without a Trace (N)	Two-Half Men	King	Cold Case	
	216	395	14	OMN2	Cold Case	News (N)	Opportunity Knocks (N)	News (N)	Two-Half Men	King	Cold Case	
	214	344	15	CITY	Law & Order: SVU	The Simpsons	Opportunity Knocks (N)	Privileged (HDTV) (N)	NY-Hollywood	Friends	News (N)	
	115	343	16	CFMT	Two-Half Men	The Simpsons	News (N)	Vivre II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	EL	The Insider (N)	EL News	The Biggest Loser: Families (N)		Pam: On Loose	Sunset Tan	News (N)	
	-	361	20	ABC	News (N)	Entertainment	Opportunity Knocks (N)	Dancing With the Stars	Half Their Size: Weight	News (N)		
	512	396	24	CPAC	Revue Politique	Laverne	Michael Coren Show	Sur la piste électorale	Life Today	This Is Day	John Hagee	
	651	355	25	CTS	Happy Days	Seinfeld	House "Adverse Events"	(9:01) Fringe (N)	News (N)			
	-	365	36	FOX	TMZ (N)	Uncorked	Nova (DVS)	P.O.V. "Critical Condition" (N)		Rx for Change	Tavis Smiley	
	-	-	64	PBS	Business Rpt.	eTalk	Without a Trace (N)	Dancing With the Stars	Law & Order: SVU			
	205	312	104	CTV	Hollywood	Canada Votes: Extreme Debate (N)	CNN Election Center	CBC News: The National	Anderson Cooper 360 (HDTV)			
	502	390	26	NW	CBC News	World Poker Tour	World Series of Poker	Larry King Live	Sportsnet Connected (Live)	Hockey Central		
	406	417	27	net	Air Racing From London	Elections	Grands reportages (SC)	Le Téléjournal (SC)	RDI en direct	Le National	Le Téléjournal	
	126	730	28	RDI	RDI en direct	NHL Preseason	Hockey Detroit Red Wings at Montreal	Canadiens (Live)	SportsCentre (HDTV) (Live)			
	400	280	30	TSM	That's Hockey!	Stump-Schwab	World Series of Poker	Poker: Canadian Open	Score Tonight	Hockey Talk		
	410	403	52	SCR	Cabby Unlmit	(6) The Amazing Race 2	Survivorman	Angry Planet	Don't Forget Your Passport	Pilot Guides		
	411	457	56	OLN	Pinks	Pass Time	Unique Whips	Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)
	417	406	59	SC	George-Jungle	Bugs Bunny & Tweety Show	6teen	Total Drama	Futurama	American Dad	Robot Chicken	Rick & Steve
	554	544	58	FAM	Wizards-Place	That's Raven	Zack & Cody	Natural-Sadie	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	Malcolm-Mid.	Home Improve.	Malcolm-Mid.	Sabrina-Witch	Futurama	Mystery Hnt.	Adrenaline Proj	Mystery Hnt.
	570	580	29	MTM	Where You At	The First 48 (HDTV)	The First 48 (HDTV)	The First 48 (HDTV)	CSI: NY "YoungBlood"	CSI: NY	NY	
	515	520	31	A&E	The First 48 (HDTV)	My Shocking Story	Mystery Diagnosis	Mystery Diagnosis	Dr. G: Medical Examiner	Shocking Story		
	628	584	32	SPKE	CSI: Crime Scene Investgnt.	Pékin express: la route de l'Himalaya	"Xibaipo-Xian-Yichang"	Champ. nature	Humanima	Journal TV5		
	521	560	34	TLC	Amazing Medical Stories	The Best Years (DVS)	Trailer Park	The Shield "Genocide"	Celtic Roots	Murdoch	Law & Order	
	145	761	35	TVS	Toute une histoire	Live at the Rehearsal Hall	John Kay: Magic Carpet Ride	Destroyed	Mighty Ships "Becru"	Daily Planet		
	616	521	39	SHO	About a Girl	How It's Made	How It's Made	Destroyed	Home Improve.	Home Improve.	MTM30	
	620	523	40	BVO	Desperate Housewives	Weddings	CMT Star	Reba	Hope & Faith	Plastic-Perfect	Matchmaker	Newlywed
	520	505	42	DIS	Daily Planet (N)	Newlywed	In Laws	Rich Bride, Poor Bride	The Simpsons	South Park	Cheers	Family Guy
	575	583	43	CMT	Canada Countdown	My Best Friend's Wedding (1997, Romance-Comedy)	Pure Design	Style	Sarah's House	Design Inc.	Colin & Justin's Home Heist	Holmes-Homes
	601	562	45	SLC	End of Leash	ET Canada	Star Trek: Next Gener.	Battlestar Galactica	Rabbit Fall	The Circuit	Stargate SG-1	MTV Live
	625	548	46	COMI	Air Force	Just for Laughs	Canada's Next Top Model	Making the Band 4 (N)	Paris Hilton's My New BFF (N)	MTV Live		
	294	529	47	TBS	House-Payne	House-Payne	Planet Soap	What Happen?	Seinfeld	King	Family Guy	
	600	554	49	H&G	House Hunters	Property Virgin	The Worst Jobs in History	Dark Tourism	NCIS "Brothers in Arms"	Crime Stories		
	627	528	50	SPC	Lost "Special"	Mayday (HDTV)	Mayday (HDTV)	Images-chocs	Un tueur si proche (HDTV)	Leçon d'anat		
	581	566	53	MTV	Busted	After	Bless-Father	On the Buses	Benmergui-Isr	Benmergui-Isr	Six Days-June	
	618	524	54	TROP	Beverly Hills, 90210	Will & Grace	Coleen's Real Women	Style by Jerry	Style by Jerry	How to Look Good Naked (N)	Maxed Out	
	522	506	55	HIS	NCIS "Brothers in Arms"	Great Towns	Wapos Bay	Rez Rides	First Nation	Rabbit Fall	Moccasin Flats	
	129	773	60	CD	Biographies "Claudia Schiffer"	The Ellen DeGeneres Show	TMZ (N)	eTalk	Paris Casting Special	Paris Hilton's My New BFF (N)	TMZ	
	261	394	61	V	Murder, She Wrote	Chef at Home	Restaurant Makeover	The F Word (N)	Chef School	At the Table	Restaurant	

critics' corner

The Tudors

Oh, Henry! As season two opens, Henry (Jonathan Rhys Meyers) assumes control of the Church of England and banishes Anne Boleyn (Natalie Dormer) after she demands that he cut off contact with Katherine (Marie Doyle Kennedy). That's not all that's going to be cut off... but we're not there yet. A cook is boiled alive for poisoning a bishop under threat of blackmail. Sam Neill also stars. 9 PM on 8 CBC



The Biggest Loser: Families

This week the contestants go on a trip to one of the most beautiful places in the world — the Grand Canyon. On the way, they stop by a convenience store for a temptation challenge that will provide the winning team with a much more luxurious trip for its scenic getaway. Once there, the contestants must exercise without a gym or trainers, and a medical condition threatens to sideline a contestant. 8 PM on 9 NBC 18 E!



Actor Dennis Quaid has slammed his ex-wife, actress Meg Ryan, for revealing all about their 2000 marriage breakup, insisting her allegations of his infidelity will only cause their son Jack more "pain" and "turmoil." **IMDb.COM**

Celebrity Buzz

Duffy: 'I've sold my soul'

FAME Duffy is on the brink of a "nervous breakdown," femalefirst.co.uk reports.

The singer has revealed the pressures of fame have taken their toll, forcing her to consider "disappearing." The 24-year-old has had too many encounters with overzealous fans which have left her shaken.

"As a girl, I thought I was superhuman. But I'm bordering on a nervous breakdown," she reportedly said. "The scary thing is this feels like just the beginning. It would be easy to become a recluse. I have sold my soul and I'm no longer

anonymous. It can be really frightening when there are 15 lads on one side of the pub and a gang of girls on the other who all want your photo."

Despite debating whether she can handle being a celebrity, the star believes it would not be fair on her fans to quit now. "It would be wrong for me to disappear. I have to play for the fans. I just have to remember that the majority of people are good," she added.

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Celebrity brief

Longoria, Parker say they have nothing to hide

PARENTHOOD Eva Longoria Parker's basketball star husband Tony Parker has repeated denials his wife is pregnant, insisting the world would know as soon as she was expecting — because the couple wouldn't want to keep the happy news from anyone, imdb.com reports.

The San Antonio Spurs guard admits people won't stop gossiping

about his wife's recent weight gain for her role on the show *Desperate Housewives*, but he insists she's not with child. "We don't wanna hide it. I don't know why people keep asking us," he says.

METRO NEWS SERVICES



Mother-in-law to Amy: Clean up or don't see hubby

DRUGS Amy Winehouse's mother-in-law wants the troubled singer to kick her alleged drug habit before she can be reunited with her husband after his release from prison, femalefirst.co.uk reports.

Blake Fielder-Civil is serving a 27-month sentence at a prison in Suffolk, England for causing actual bodily harm and perverting the course of justice. He is set to be released early on condition that he lives with his mother. Georgette Fielder-Civil claims her son has kicked his alleged drug habit in prison.

"We can support him at home, away from Amy and

the London drug dealers, and help him rebuild his life. Now Amy has got to do the same before they can get back together," she says.

Fielder-Civil had previously declined early release from prison as the agreement meant he would have had to wear an electronic tag and be under a 7 p.m. curfew.

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GETTY IMAGES PHOTOS

Fan wanted to share her salad

FOOD Ashley Tisdale was left stunned when a fan's mother demanded she give her child some salad, femalefirst.co.uk reports.

The High School Musical star, who plays popular schoolgirl Sharpay Evans in the hit Disney film franchise, couldn't believe it when the woman came over to the table when she was dining with her family and made the request.

"A bunch of little girls came over and I thought they wanted an autograph, which was totally cool," Tisdale told FOXNews.com.

"But then the mother demanded I give her daughter a bite of my salad. She wasn't joking and she wouldn't go away when I said no. It was so odd that a grown woman would do that, especially in front of her kids. It was so wrong."

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Madonna facing big fine for breaking curfew

FINE Madonna has reportedly been fined \$249,750 US by Wembley Stadium officials for breaking the venue's curfew during the London stop of her Sticky & Sweet world tour earlier this month, femalefirst.co.uk reports.

The singer's show overran the 10:30 p.m. curfew by 40 minutes when she played there on Sept. 11.

She has now been charged \$92,500 for every 15 minutes she went overtime.

"The concert was meant to start at 8:30 p.m. but Madonna didn't come on stage until 9:10 p.m. The gig

ended at 11:10 p.m. so she was quite a bit over," a Wembley Stadium source says. "Her people knew about the possible implications for going over the curfew but this is a pretty hefty fine, even for Madonna."

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Celebrity briefs



McCready to turn herself in

JUSTICE Mindy McCready will voluntarily surrender to authorities today to serve 60 days in a Tennessee jail for a probation violation, her rep has told *People*.

The singer, 32, was arrested for violating her probation for prescription drug fraud in June, *People.com* reports. The singer had entered rehab July 16 for undisclosed reasons and she was previously jailed in 2007 after violating probation on a 2004 drug arrest.

Allen criticized over necklace

CAUSES Lily Allen has been condemned for glamorizing guns by wearing a necklace with a machine gun pendant, femalefirst.co.uk reports.

The singer — who previously met with London mayor Boris Johnson to outline proposals to reduce knife crime — was photographed wearing the pendant recently. But it has outraged anti-violence groups. "If she's really worried about violent crime then she shouldn't wear a necklace that promotes guns," says Lyn Costello, from anti-violence group MAMAA.

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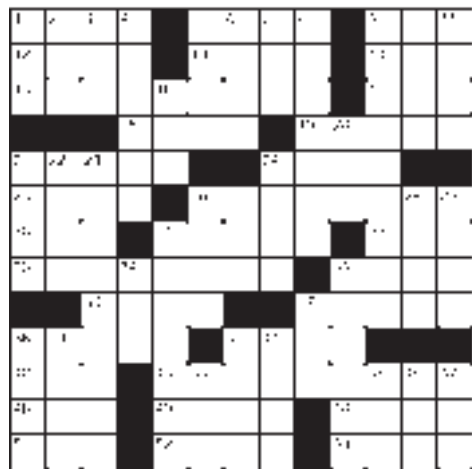
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Crossword across

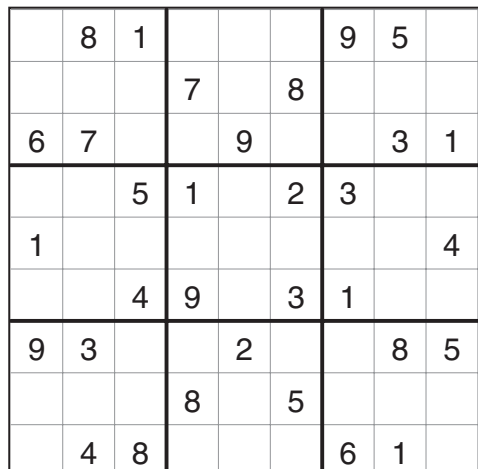
- | | |
|----------------------------|---|
| 1 Hardly exciting | 32 Churchill's gesture |
| 5 Moist | 33 Golf legend |
| 9 Society newcomer | 35 Sense |
| 12 Grooving on | 36 Hairless |
| 13 Lotion additive | 37 Vends |
| 14 Under the weather | 38 Dreaded bacterium |
| 15 Retail-chain founder | 40 Take to the lake |
| 17 — Zedong | 42 Moving truck |
| 18 Sandwich cookie | 43 British officer with an eponymous belt |
| 19 Representative | 48 — out a living |
| 21 Misbehave | 49 Verifiable |
| 24 Soon, in verse | 50 Approach |
| 25 Comedian Sahl | 51 In medias — |
| 26 "You Send Me" singer | 52 Hollywood locations |
| 30 Worldwide workers' grp. | 53 Safecracker |
| 31 Strange | |

Crossword down

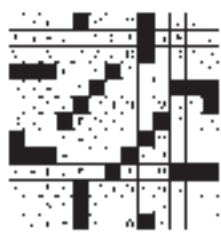
- | | |
|----------------------------------|-----------------------------|
| 1 Insult | 24 Surrounded by |
| 2 Geneticist's abbr. | 26 Progeny |
| 3 \$ dispenser | 27 Coach Parseghian |
| 4 Withdraw | 28 Carina |
| 5 Earnhardt of NASCAR | 29 Morays, e.g. |
| 6 Saxophone range | 31 Signs up |
| 7 Cattle call? | 34 Bando of baseball |
| 8 Sinner's self-abasement | 35 Crime |
| 9 Melodramatic paperback of yore | 37 Round Table address |
| 10 Verve | 38 Eternally |
| 11 Rorschach picture | 39 Birthday party must-have |
| 16 Dadaist Jean | 40 Pornography |
| 20 Stickum | 41 Lincoln and Vigoda |
| 21 Writer Kingsley | 44 Exist |
| 22 Pop flavor | 45 Teeny |
| 23 Brass instruments | 46 Gripe constantly |
| | 47 Work unit |

Sudoku

HOW TO PLAY: Digits 1 through 9 will appear once in each zone — one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.



PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:



6	3	5	9	7	2	4	8	1
1	2	9	8	6	4	7	5	3
4	7	8	1	5	3	9	2	6
9	4	7	5	2	1	3	6	8
5	8	1	6	3	9	2	7	4
3	6	2	4	8	7	1	9	5
8	1	3	2	9	6	5	4	7
2	5	4	7	1	8	6	3	9
7	9	6	3	4	5	8	1	2

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SUDOKU SOLVE TIME:

- | | | | |
|--------------------|---------|-----------------|-----------------|
| Under 13 min | Genius | 17-21 min | Smart |
| 13-17 min | Scholar | 21-25 min | Not bad |
| | | 25+ min | Keep practising |

Recipe of the day



Chicken Fingers with Spicy Mustard Dip

INGREDIENTS (FINGERS):

- 1 1/2 lb (750 g) boneless, skinless chicken breasts
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) black pepper
- 1/2 cup (125 mL) all-purpose flour
- 2 large eggs
- 2 tbsp (25 mL) water
- 2 cups (500 mL) bread crumbs
- 1/4 cup (50 mL) grainy Dijon mustard
- 1 large garlic clove, minced
- 1 tbsp (15 mL) paprika

INGREDIENTS (DIP):

- 1 cup (250 mL) light sour cream
- 2 tbsp (25 mL) grainy Dijon mustard
- 2 tbsp (25 mL) fresh chives

METHOD:

- For dip, blend sour cream, mustard and chives. Cover and refrigerate.
- Cut chicken lengthwise into strips (3 in/7.5 cm x 1 in/2.5 cm). Sprinkle with salt and half the pepper.
- Place flour in a zippered plastic bag. In a pie plate, whisk eggs and water until frothy. In a large, shallow dish, blend bread crumbs,

mustard, garlic, paprika and the rest of the pepper.

4. Drop the chicken strips, a few at a time, into the bag of flour and shake until well coated. Shake off excess flour. Dip strips into beaten eggs, then into bread-crumbs mixture, gently pressing the crumbs onto the chicken so they adhere. Arrange strips on a large non-stick baking sheet and refrigerate for 30 minutes.

5. Preheat the oven to 400°F (200°C). Bake chicken strips until golden brown and crisp, about 15 minutes, turning once. Serve hot or at room temperature with chilled mustard dip. Calories 333, calories from fat 72, fat 8 g, saturated fat 1 g, cholesterol 132 mg, carbohydrate 28 g, fibre 1 g, sugars 0 g, protein 36 g.

SERVES 6

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Horoscopes

ARIES
MARCH 21-APRIL 20
An intuitive friend calls out for soothing treatment. Special plans are changed without warning. Don't prejudge when you see some damage.

LIBRA
SEPT 23-OCT 23
An innocent person will create a stimulating atmosphere. Cast a wider net to find reassurance. Someone will head towards a scary situation.

TAURUS
APRIL 21-MAY 21
An unnecessary romance is set for melodrama. A family quarrel finally bites the dust. Your friends will shelter you.

SCORPIO
OCT 24-NOV 22
Don't spurn a great job offer. You'll attract those who respect your methods. A hacker shows a disturbing lack of integrity.

GEMINI
MAY 22-JUNE 21
Try to avoid talking too much to a sarcastic sibling. A deceptive person brings a change of luck. Someone's bad habit will start a quarrel.

SAGITTARIUS
NOV 23-DEC 21
A dream has an impact on your life. A practical promise will have unexpected effect. A group will terminate obsolete methods.

CANCER
JUNE 22-JULY 22
A progressive friend comes in handy. You need to find the right person to do a dirty job. A conflict can create confusion.

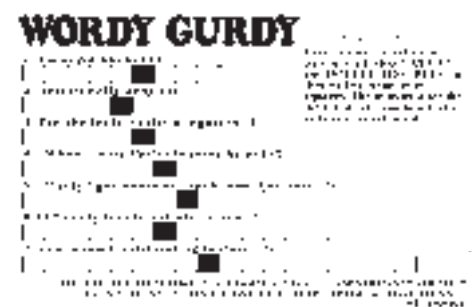
CAPRICORN
DEC 22-JAN 20
Be humble in a touching moment. Someone will be oblivious to affection. You'll emerge unscathed from a wonderful fantasy.

LEO
JULY 23-AUG 23
Don't believe anything that is said at the last minute. A conflict will be settled by someone's loss of courage. A stranger in despair will visit.

AQUARIUS
JAN 21-FEB 18
A grinning friend experiences reality as it happens. Convenient excuses will make some people very nervous. A buddy arrives in the nick of time.

VIRGO
AUG 24-SEPT 22
Rumors can lead to an understanding. Weird events will make you feel suspicious. Find someone you can trust.

PISCES
FEB 19-MARCH 20
Your duties will limit the time you spend being bored to tears. A child needs medical attention. Somebody's deep concern about money will be hidden.



JOHN D. Quoc DTCM, C.A.C., D.A.C., B.S.c., B.Ph., D.N., D.O.

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